



THE FORTRESS

THE OFFICAL NEWSLETTER OF THE BARONY OF CAERTHE

**UNTO THE STEADFAST AND NOBLE POPULACE OF THE GREAT BARONY OF CAERTHE
DO DOMENICO AND MARIA, BARONE E BARONESSA SEND GREETINGS!**



*"Caerthen Twelfth Night Masked Ball" a Photo by HE
Maria Castelana*

At Caerthen Twelfth Night, a wonderful time was had by all. We would like to thank our Event Steward, Feast Coordinator and all the staff and volunteers that made the event fun, grand, and memorable!

In the months following, many changes have come about in the world that have had an effect our Society. This issue of the Fortress comes to all during a trying time. As we bear the social and economic challenges of dealing with COVID-19, our thoughts turn to our friends, family and our chosen family of the SCA.

Oftentimes when introducing the SCA to a newcomer, we like to joke: "We recreate the Middle Ages and the Renaissance they way it should have been - with good hygiene!" That is truer now more than ever. We encourage everyone to be smart, follow the CDC guidelines regarding self-isolation and remember the guiding ideal of our Society - Courtesy. Everyone is feeling the same stress... Call your relatives and neighbors on the phone to check in on them - everyone can appreciate hearing a friendly voice right now. Pause an extra moment to say "thank you" and tell those you love that you love them. Together we will get through this.

Currently most SCA-related activities are cancelled or on hold. Crown Tournament is scheduled for Saturday May 2nd with Coronation following on Sunday May 3rd in the Barony of Aarquelle. Attendance is not required for anyone except those challengers actually competing in the Tournament. We sincerely hope

that by May we will all be able to resume Society life. However, real life takes precedence.

The Baronial Officers will be holding our monthly business meetings via Zoom, a free online videoconferencing program. Details will go out through all the regular channels and all are welcome to join in. Many of you have already used Zoom or similar apps to hold virtual get-togethers, crafting circles and "happy hours"- we heartily encourage this to continue!

As we brace for what is yet to come, remember that self-care is important. Eat healthy and try to exercise. This is the perfect time fix up your kid, work on that project that you "just haven't had time for" or learn something new. Practice your lunge. Swing at your pell. Clean your blades, re-tape your rattan and mend your armor. Sew your new garb, tool that leather pouch and fletch those arrows. Read that book that's been gathering dust and take a break from the 24/7 news stream. We will all be back into the Game soon enough.

As students of history, we are familiar with various plagues. Take some comfort in the knowledge that people throughout all of Period were afraid that the end times were near, and yet humankind has persevered. As a Society, our populace is a hearty bunch. Every year we happily choose to live weeks without power and relish in doing things the hard way. We pride ourselves on the sharing of knowledge and our collective experiences have us well prepared for any emergency. This challenge before us too shall pass, and your Chosen Family will be there waiting for you.

INSIDE THE ISSUE:

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Baronial Back Scroll Delivery Project



Greetings Good Caerthens!

When Domenico and I stepped into the position of Baron and Baroness of Caerthe, we found in our possession, some back scrolls dating from previous Crowns and B&Bs of Caerthe that belong to our populace. Over the past two years, I have been working hard to track these gentles down to get them their scrolls. There has been some success so far in that 12 back scrolls have been delivered or mailed to grateful recipients.

However, there are still a number of scrolls still outstanding that I would love to find homes for. Please see the list below of the person's SCA name and when the award was given out. If you have any information as to who these gentles are, please reach out to excellencies@caerthe-sca.com or get in touch with either Domenico or myself via Facebook.

Let's get these beautiful works of art to their forever homes!

SCA name	Reign Awarded
Aleksandr Belogorskov	Artan & Aziza
Atherios	Bela & Anna
Rosemarie Hawkewood	Bela & Anna
Kyrren Valshan	Bela & Anna
Duncan Mac Donigal	Garrick & Yasamin
Ivar Stormrider	Hoegaarden & Chiara
Otto van Aachen	Hoegaarden & Chiara
Julia von Nachtern	Irel & Rosalind
Sedan mac Dhoibhilin	Jax & Kathryn
Nakamura Yoshimitsu	Kynan & Gilliana
Tangwistle of the North	Malgwen & Gilliana
	Baronial Tenure Awarded
Etienne Dugueschn (Duguesclin?)	Patrick & Mary
Finnabhair ingen Roland	Bobby & Magge

Ever in Service to the Dream,

Domenico e Maria

Barone e Baronessa di Caerthe

BARONIAL OFFICERS

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Youth Minister:

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Baron and Baroness:

Lord Domenico Forestani & Lady Maria Castelana: excellencies@caerthe-sca.org

BARONY OF CAERTHE CHAMPIONS!

A&S Champion:	Lady Chelsea Webber	Sword of Chivalry:	Lord Tyler Farquad
Archery Warden:	THL Eirikr Morrison	Premier Blade:	Lord Nova
Crossbow Warder:	Don Santiago Rodriguez de Cadiz	Blade of Chivalry:	Godric of Caerthe
Equestrian Champion:	Lady Kublai Ksenya	Cut & Thrust:	Lady Elora Von Effyn
Thrown Weapons:	Master Jethro Stille		
Blackthorn Bard:	L. Otto of Cote du Ciel	Warlord:	Sir Davin Drakere

BARONIAL PROGRESS:	EVENTS CALENDAR:
Note to the Populace Events for April are suspended due to the COVID-19 situation in our country. 5/2-5/3/2020 <u>Crown Tourney & Coronation</u> Aarquelle (D&M) Currently Crown Tourney and Coronation are planned for the weekend of May 2-3 in Aarquelle. We are monitoring the situation day-by-day but we encourage all who can to attend VIRTUALLY so as to keep the event physically small in order to comply with the government's recommendations on gatherings during this time. Other events in May are still tentatively planned but please keep updated on the Facebook Pages or Email Lists. 5/22-5/25 <u>Grand Outlandish</u> Al-Barran (D&M) 5/22-25 <u>Cake, Death & Hammocks</u> Caer Galen 6/30-7/5 <u>Battlemoor</u> Aarquelle (D&M)	All Kingdom Events may be found here! https://www.outlands.org/events Business Meetings: CURRENTLY ONLINE VIA ZOOM 6:30pm - 8:30pm: 1st Monday of each Month At Fighter Practice: 1205 East 8th Ave. Denver, CO Please check Facebook for location. https://www.facebook.com/caerthe.sca/ Fighter Practice: CANCELLED UNTIL FURTHER NOTICE 6:00pm - 10:00pm: Monday Corona Presbyterian Church 1205 East 8th Ave. Denver, CO Archery Practice: CANCELLED UNTIL FURTHER NOTICE 9:00am-12:00pm: Sunday Scout Park, 132 E 112th Pl, Northglenn Indoor site: Empty Quiver Archery, 7180 W. 117th Ave., Unit C, Broomfield Hosted Gatherings: CANCELLED OR VIRTUAL UNTIL FURTHER NOTICE Guilds & Populace Social links: Apothecary Guild https://tinyurl.com/caerthe-apothecary Caerthe Cavalry https://www.facebook.com/groups/CaertheCavalry Children's Guild https://tinyurl.com/caerthe-children-guild Cooks Guild https://tinyurl.com/caerthe-cooks-guild Jeweler's Guild https://www.facebook.com/groups/JewelersGuildofCaerthe Outlands Archery and Thrown Weapons https://tinyurl.com/outlands-archery Scribe's Guild https://tinyurl.com/caerthe-scribes-guild Scola Metallorum https://www.facebook.com/ScolaMetallorum/ Canton of Ravenhyrst https://www.facebook.com/ravenhyrst Canton of Hawks Hallow https://www.facebook.com/HawksHollowSCA

BARONIAL REPORT: THE SENESCHAL

UNTO THE POPULACE OF CAERTHE, DO I, LADY ELIZABETH WINTER, SENESCHAL OF CAERTHE, SEND WARMEST GREETINGS,

As most of you know, the SCA Board of Directors are recommending that all SCA activities and events be suspended until April 30th. Their Royal Majesties, Béla and Nerissa, King and Queen of the Outlands, agree with this recommendation and have suspended all organized activities (including, but not limited to, all events, practices, classes, and meetings) until then.

A Zoom (online) meeting has been set up for the purpose of holding our April Baronial business meeting. The Barony's social media officer will be posting more information regarding any future online meetings, should it prove necessary.

Also, plans for a virtual Queen's Prize is in the works. Please watch for the Queen's Prize competition announcement and Event notice.

I will add a bequest to the good people of this barony:

Please continue to support, encourage, and check up on each other's physical, mental, and emotional well-being online or by phone.

How are you doing? Reach out if you have need. Think about sharing the amazing movie, book, online resource, research link, etc. you have discovered. Consider posting some pictures of the things you are working on; be it research, sewing, baking, gardening, or art in all its forms.

I earnestly urge to remember you are not alone. Conversations have not been canceled. Relationships have not been canceled. The good will and fighting spirit of Caerthe have not been canceled! Honor, chivalry, and all of the ideals that make us a SOCIETY have not been canceled! We stand together even when we must be apart. This is the mighty OUTLANDS!

Yours in Service,

Lady Elizabeth Winter

Seneschal

BARONIAL REPORT: THE CHRONICLER

GREETINGS CAERTHE!

I hope this missive finds you all safe, healthy, and well.

I'd like to take a moment to thank Lady Beatricia Barberini for all of her hard work and contributions to the Fortress Newsletter. She was an amazing deputy and I really appreciate everything she did to make our newsletter special. She has moved on to the next steps in her journey and will be missed around the "chronicler's office".

Next, I'd like to announce that our Seneschal and Baron and Baroness will be looking for letters of intent to serve as the next baronial chronicler. Please send all letters of intent to their excellencies (excellencies@caerthe-sca.org), the baronial seneschal (seneschal@caerthe-sca.org), the baronial chronicler (chronicler@caerthe-sca.org) & the kingdom chronicler (chronicler@outlands.org). While I will not be officially stepping down until October, I want to make sure the transition into the next steps for The Fortress go smoothly. It is my hope that I will be able to work with my replacement on the October newsletter.

Finally, these are challenging times for all of us. We aren't getting to see our SCA family to enjoy laughter, learning, camping, etc. In the hope of bringing some inspiration or at least some smiles, I ask you all to send in some submissions for our June newsletter. Send a funny story, an article, a recipe, anything to remind us of the fun we should be having. The deadline for the June newsletter will be May 25, 2020 at 8pm. Thank you so much, Caerthe!

In Service to Crown, Kingdom, and the Dream,

Lord K̄haliu Cessilus

Chronicler, Barony of Caerthe

Facts about the Plague in the Middle Ages



Image credit: Wikipedia

In the “modern SCA” today we lightly use the term plague to refer to any illness (typically the flu or a common cold) that prevents us from attending events or practices in our area. However, “The Plague” (also known as the bubonic plague) actually describes a single disease caused by the bacteria *Yersinia pestis* that was spread by fleas who fed on infected animals like wild rodents. There have been outbreaks of the bacteria over many centuries. The first European epidemic dates back to the mid-6th century and was called the Plague of Justinian. The largest epidemic occurred in the Middle Ages, where it was referred to as the Black Death, and caused the death of 60% of the population during the 14th century. Today we can diagnose and cure this disease with antibiotics keeping it from spreading.

Quarantine: Forward-thinking officials in the Venetian-controlled port city of Ragusa (now Dubrovnik, Croatia) passed a law establishing trentino, or a 30-day period of isolation for ships arriving from plague-affected areas. No one from Ragusa was allowed to visit those ships under trentino, and if someone broke the law, they too would be isolated for the mandatory 30 days. The law caught on. Over the next 80 years, Marseilles, Pisa, and various other cities adopted similar measures. Within a century, cities extended the isolation period from 30 to 40 days, and the term changed from trentino to quarantino—the root of the English word “quarantine” that we use today.

The Plague Doctor: A plague doctor was a medical physician who treated victims of the bubonic plague. In times of epidemics, these physicians were specifically hired by towns where the plague had taken hold. Since the city was paying their salary, they treated everyone: both the wealthy and the poor.

Typically, they were not experienced physicians or surgeons at all; rather they were often either second-rate doctors unable to otherwise run a successful medical practice or young physicians seeking to establish themselves in the industry. They were so valuable that when Barcelona dispatched two to Tortosa in 1650, outlaws captured them en route and demanded a ransom. Barcelona paid for their release.

During the later centuries, plague doctors wore a special costume. The garments were invented by Charles de L'Orme in 1630, and were first used in Naples, but later spread to

be used throughout Europe. The protective suit consisted of a light, waxed fabric overcoat, a mask with glass eye openings and a beak shaped nose, typically stuffed with herbs, straw, and spices. The scented materials included juniper berry, ambergris, roses, mint leaves, camphor, cloves, laudanum, myrrh, and storax. Plague doctors would also commonly carry a cane to examine and direct patients without the need to make direct contact with the patient. Due to the primitive understanding of disease at the time, it was believed this suit would sufficiently protect the doctor from miasma while tending to patients.

Fun fact! The plague doctor costume displayed in the picture above is from a 17th century woodblock printing which is technically outside of the SCA's time period. However, it sure makes a statement, doesn't it?

Ever in Service to the Dream,

Maria

Baronessa di Caerthe



References: Wikipedia Articles: The Plague Doctor, The Plague of Justinian, The Black Death
"Plague (Black Death) facts," William C. Shiel Jr., MD, FACP, FACR, Medicine Net, November 27, 2019 <https://www.medicinenet.com/script/main/art.asp?articlekey=2470>
"History of the word 'quarantine'," Johanna Mayer, Science Friday. September 4, 2018

MEET THE BARONY

The Barony of Caerthe is part of the Kingdom of the Outlands, in the Society for Creative Anachronism. The Barony encompasses the Denver, CO metro area and includes the Canton of Hawks Hallow in the north, the Canton of Ravenhyrst in the southeast and the College of Scola Scola Metallorum at the School of Mines.



Photo by THL Angus Montgomery the Forester

Full SCA Name: Lord Louchelan (Loch) de Hay and Lady Máire Dooley

How long you have lived in the Barony: August of A.S. XLI (41), or 2006 in common reckoning. Before our involvement in the barony, since 1992.

Where you're from originally: Máire was born and raised within the auspices of Caerthe. Louchelan hails from the Canton of Whyt Whey (Manhattan, NYC). Ironically, we met each other and married in the Barony of Dun Or (Antelope Valley, CA).

What are your favorite SCA activities? Máire enjoys sewing, button making, cooking, embroidery, some fibery arts. Louchelan enjoys archery, and some leatherworking.

your persona?

Despite having been in the SCA for 14ish years, we haven't done a great deal of persona development. That said, Máire is a 16th Century Irish merchant, and Loch is a 14th Century Scot archer.

One fun/silly/interesting fact about how you got into the SCA:

The summer of 2006 (A.S. XLI) was very serious and emotional for us as a family, as one of us was recovering from a major surgery. We were looking for something else to focus on to give us joy. We had gone to the Colorado Renaissance Festival recently, had a great time, and loved the "outside of real life" vibe.

So, we got to thinking about where we could find something to do, that was...anachronistic...in some way. Thinking back, Sean (Loch) had previous experience with friends he grew up with being in the game, and going to a couple of events in Dun Or. Also, we'd attended a Caerthe populace meeting in 1996, but it was sparsely attended and

surprisingly garbed, and it just didn't click for us then. In that summer of 2006, we decided to try again.

Our first introduction into the SCA was a Thursday Caerthe fighter practice. We met a number of great people. One of those people was then Lord Robert Magnus, and he made us feel welcome, and made us feel inclusive in the then Incipient Canton of Ravenhyrst. We started attending more events, but was still unsure.

The moment that hooked us was a wonderful conversation with the late Baron Patric Blackthorn. Loch and Máire went to that year's Caerthe A&S competition. We felt very out of place. We were already starting to question whether we belonged in the SCA. Sensing this, Baron Patric approached us, and spent the rest of the event, when he wasn't required elsewhere, to talk with us and befriend us. We left the event knowing we were where we belonged; someplace where we could learn more about an era of history we were interested in, with people and activities we wanted to get to know.

And the rest is, as they say, history.

How you found your passion in the SCA: Máire's passion, cooking (period and otherwise), is derived by attending more than a few bad feasts over the years. Loch's passion, archery, is something that he's been involved in since summer camp as a child. He just likes shooting things.

Your best advice for newcomers: Dabble. Try everything. Don't anchor yourself to one martial, one A&S skill, one group or clique, one area of service. Verse yourself, and enjoy. Above all, enjoy. Have fun. The only reason you're doing this is to escape the mundanity of modern life. So do just that.

One thing you can't live without at events: Máire - lip balm and her giant mug. Loch - A hat to protect my pointy bald head, and archery gear. For both? Curiosity.

A funny story from your SCA travels: We don't really have any. But the one thing we like to do for in-state events, is guess which vehicles are SCA folks on the way to those events...



MISSIVES FROM THEIR EXCELLENCIES

Her Excellency Maria has been publishing missives and post event write ups that include thanks to the event staff, photos, and much more. You can find the complete archive as well as new content at mcastelana.wordpress.com

This is the April 2020 issue of the The Fortress, a publication of the Barony of Caerthe of the Society for Creative Anachronism, Inc. (SCA, Inc.). The Fortress is available from Andrew Harness, SCA Lord Khaliu Cessilus, 2030 W 10th avenue, apartment 202, Broomfield, CO 80020 and email: chronicler@caerthe-sca.org. It is not a corporate publication of SCA, Inc., and does not delineate SCA, Inc. policies. Copyright © 2020 Society for Creative Anachronism, Inc. For information on reprinting photographs, articles, or artwork from this publication, please contact the Chronicler, who will assist you in contacting the original creator of the piece.



"Thor Battles" by Malachai MacKenzie O'Corrigan MKA Chris Moore

NEWSLETTER SUBMISSIONS:

All submissions to the Fortress must be received no later than 8:00pm on the 25th day of the month prior to publication of the newsletter. Publications will occur in January, April, June, October of 2020.

Content submitted to the Fortress must be accompanied by the proper release forms.

For further information, questions, and concerns, please contact the baronial chronicler at chronicler@caerthe-sca.org

[Vector Art provided by: Vecteezy.com](https://vecteezy.com)